



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Leismann, Markus

Total time: 1:39:13

Club: BSG Trilux

Number: 116

Course: 25.70 km

Rank in course/Total: 92 (of 116)

Volksdistanz (0,70-20,00-5,00)

Rank in course/Men: 79 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 19(of 23)

Senioren 2 (45-49 Jahre)

Best time in the category: 1:10:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.70	17:05	24:24	18	4:52	63	7:26	0.70	17:05	24:24	6	1:59	38	
Schwimmen Net	0.70	17:05	24:24	6	1:59	38		0.70	17:05	24:24	6	1:59	38	
Wechsel Schwim	0.05	3:54	78:00	21	2:29	85	2:42	0.75	20:59	27:58	6	2:57	38	1:16
Schwimmen Tot	0.75	20:59	27:58	6	2:57	38	1:16	0.75	20:59	27:58	6	2:57	38	1:16
ZZ Rad	10.00	24:23	2:26	15	6:11	62	6:55	10.75	45:22	4:13	6	6:15	35	3:13
Rad Ende	10.00	22:30	2:15	17	7:31	67	7:31	20.75	1:07:52	3:16	6	9:48	38	5:08
Wechsel Rad-Lau	0.05	1:54	37:59	19	1:07	80	1:15	20.80	1:09:46	3:21	6	9:59	38	5:40
Rad Total	20.05	48:47	2:25	18	12:56	77	14:10	20.80	1:09:46	3:21	6	9:59	38	5:40
ZZ Lauf	2.50	14:16	5:42	21	4:55	81	5:25	23.30	1:24:02	3:36	6	12:04	37	8:44
Lauf	2.50	15:11	6:04	21	5:24	81	5:49	25.70	1:39:13	3:51	19	29:10	79	35:54